Self-care and Coping after Sexual Assault

Sexual Assault Response Network
A Community Program of HelpLine

The Sexual Assault Response Network (SARN) understands how harmful sexual assault can be on mental, emotional, and physical health. Trauma responses are common and normal after a sexual assault, but can cause you to feel out of control.

Self-care & Coping After Trauma

Trauma can disrupt emotions, health, sleep, day-to-day activities, and beliefs about a safe world. Here are ways to take care of yourself while you heal:

- Talk with supportive friends/family
- Engage in fun or leisure activities you enjoy
- Write down your thoughts in a journal
- Take extra care of yourself
- Connect to SARN to learn about trauma, counseling resources, and other support

Call our support and information line at 1.800.684.2324 and 211 or text helpline to 898211. Suicide and crisis lifeline, 988. Deaf or hard of hearing: 711 or 1.800.750.0750.

Language Services Available

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Equal Opportunity Employer/Provider.

HelpLine is a provider agency of the Delaware-Morrow Mental Health & Recovery Services Board, a partner of the United Ways of Delaware, Morrow, Union, Counties, partially funded by SourcePoint, the Ohio Attorney General’s Crime Victims Services Office, Ohio Office of Criminal Justice Services, Ohio Department of Health, and private donations. HelpLine is certified by the Ohio Department of Mental Health and Addiction Services, certified by the American Association of Suicidology and accredited by the national Alliance of Information and Referral Systems. HelpLine is a tax-exempt organization under the 501(c) 3 Internal Revenue Code. Calls are toll-free and standard rates apply when using our text service.

HelpLine is an equal opportunity employer/provider.